



DEPARTMENT OF THE NAVY  
NAVAL RESERVE READINESS COMMAND NORTHWEST  
2000 WEST MARINE VIEW DR, BLDG 2102  
EVERETT, WA 98207-2600

NAVRESREDCOMNWINST 6110.1  
N41  
16 Feb 01

NAVRESREDCOM NORTHWEST INSTRUCTION 6110.1

Subj: HEALTH AND PHYSICAL READINESS

Ref: (a) OPNAVINST 6110.1F  
(b) COMNAVRESFORINST 6110.2A  
(c) COMNAVRESFOR NEW ORLEANS LA 221000Z MAY 00  
(ALNAVRESFOR 19/00)

1. Purpose. To promulgate and provide guidance for the implementation of references (a) through (c) in Naval Reserve Readiness Command Northwest (REDCOM NW).

2. Background. The Commander, REDCOM NW, fully supports the goals and objectives as set forth in references (a) through (c). All personnel must recognize their obligation to maintain the highest degree of health and physical conditioning to ensure maximum mobilization readiness. Additionally, physical fitness performance and appearance are significant factors with regard to promotion status and retention in the Naval Reserve.

3. Responsibilities

a. Commanding Officers shall designate in writing a Command Fitness Leader (CFL) and an alternate to assist them in carrying out the requirements of references (a) through (c). These personnel must meet the requirements as outlined in reference (a), as modified by reference (c).

b. CFL is responsible for:

(1) Conducting the Semi-annual Physical Fitness Assessments (PFA) for Full-Time Support (FTS) personnel and monitoring the tests of all Reserve units.

(2) Advising subordinate Command Fitness Leaders on all matters pertaining to the PFA Program. Maintaining and providing educational resources on fitness and nutrition.

(3) Consolidating and submitting Command PFA results to Commander, Navy Personnel Command (PERS-601) via Health and Physical Readiness Information Management System (HAPRIMS).

(4) Conducting and monitoring the command-directed Fitness Enhancement Program (FEP).

NAVRESREDCOMNWINST 6110.1  
16 Feb 01

- (5) Designating in writing the Command Fitness Assistant.
- (6) Maintaining and recording all PFA-related information in HAPRIMS.
- (7) Reporting official PFA results for Performance Evaluations/Fitness Report entries.
- (8) Advising the chain of command on all matters pertaining to physical readiness.
- (9) Providing a positive example to encourage and promote increased levels of physical readiness throughout the command.
- (10) Establishing a physical training program within their command.
- (11) Ensuring Risk Factor Screening is completed on all personnel 10 to 12 weeks prior to the PFA date.
- (12) Ensuring that any member having a medical condition which waived them from all or part of the PFA is properly evaluated by a medical practitioner before being allowed to participate in the next PFA cycle.
- (13) Conducting the semi-annual PFA and height/weight measurements of all assigned FTS and SELRES personnel in accordance with references (a) through (c).
- (14) Obtaining measurements each month on those personnel who measured out of standards.
- (15) Maintaining an up-to-date FEP notebook with the following information:
  - (a) Monthly Body Composition Assessments for all enrolled FEP members.
  - (b) A Fitness Participation Log for all FEP members.
- (16) Providing a positive example to encourage and promote increased levels of physical readiness.

4. PFA and Height/Weight Measurement

a. Risk Factor Screening shall be done 10 to 12 weeks prior to the scheduled date of the PFA.

b. Height/weight measurements shall be taken no more than 10 days prior to the PFA for FTS. Selected Reserve members are allowed to be measured up to one month prior to the PFA, but no later than 48-hours prior to the PFA. Members who meet Weight for Height Standards shall be considered to be within standards and do not require measurement by tape. Members who exceed the Weight for Height Standard will have their body composition assessed the same day using the tape method. Anyone measuring in excess of these levels is considered out of standards and must be referred to the medical department representative, with their risk factor screening questionnaire for determination of eligibility to participate in the PFA.

(1) Age 17-39: Female 33%, Male 22%

(2) Age 40 and older: Female 34%, Male 23%

c. Personnel who measure out of standards are considered as having failed the PFA. Anyone failing to participate in the height/weight measurements will be considered as a failure of the PFA (pregnancy waivers are excluded). Any member who is TNPQ or who has been medically waived from the PFA must still meet height/weight requirements and must participate in official height/weight measurements.

d. Personnel who fail to participate in the PFA will be recorded as a failure. A failure is constituted by:

(1) Fail to participate in the scheduled PFA.

(2) Fail to meet body fat standards.

(3) Failure of any portion of the PFA.

(a) Officers who fail three or more PFAs in the most recent four-year period (starting 1 May 2000), shall not be promoted, frocked, or redesignated until they subsequently have passed two consecutive PFAs, or one of the three previous PFA failures is no longer within the most recent four-year period (starting 1 May 2000).

(b) Enlisted members who fail three or more PFAs in the most recent four-year period (starting 1 May 2000) shall not be frocked or advanced until:

1. Member passes three consecutive regularly scheduled semi-annual PFAs within minimum score of "Satisfactory-Marginal" in all PFA events.

2. One of the three previous PFA failures is no longer within the most recent four-year period.

3. Pass two consecutive, regularly scheduled semi-annual PFAs.

5. PFA Safety. Prior to conducting the PFA, Commanders, Commanding Officers, and CFLs must ensure:

a. All members have a current physical examination, Risk Factor Screening, and proper measurement.

b. All members are asked about any significant changes in their health since completing the latest Risk Factor Questionnaire. Those recovering from a recent illness or reporting a change in health on their screening shall not be tested until cleared medically.

c. Two individuals certified in CPR are present at the test site. These individuals may not participate in the PFA for which they are providing support.

d. The PFA site is accessible to emergency vehicles, near a telephone, and a plan is in place for summoning emergency assistance if needed. At least one cellular phone or similar communications device must be on hand in order to call paramedics in the event of a medical emergency at the test site.

e. PFAs shall not be conducted under harsh environmental conditions (i.e. temperature of 20 degrees or lower or 90 degrees or higher).

f. The use of tobacco products is prohibited at the testing site.

NAVRESREDCOMNWINST 6110.1  
16 Feb 01

6. Command Directed Fitness Enhancement Program. Personnel who fail to meet the physical readiness standards of references (a) through (c) will be assigned to the Fitness Enhancement Program (FEP). The FEP is considered the member's responsibility for compliance with body fat standards and physical conditioning. Those personnel who measure out of standards are required to be measured monthly (weekly for active duty), and a log is to be maintained to track members' progress. Personnel assigned to the FEP will remain on the program for six months or until passing the next official PFA/BF Cycle.



J. M. LANDON II  
Deputy

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